Peanuts are good food

By Shirley W. Walton
Extension Agent

Peanuts--A Delicious, Nutritious Addition to Meals

With the coming of warm weather, peanut lovers should be very cautious about how they store peanuts to maintain freshness and optimum eating quality. Peanuts should be stored in a dry, cool place, preferably in the refrigerator or freezer. Cool storage is of particular importance during the warm temperature months as heat and insects are both enemies of peanuts or any other type of nut.

In-shell peanuts keep fresh in the refrigerator approximately nine months. Shelled peanuts will keep for about six months. Both will stay fresh indefinitely if stored a 0° F. or lower in a tightly closed container to avoid flavor and odor pick-up from other foods.

The following are some easily digestible facts about peanuts:

1. Peanuts contain no cholesterol.

2. When served as a main dish item, ¼ cup peanut butter may be used in place of one serving of meat.

3. By Federal regulations, 90% of peanut butter must be peanuts. No artificial flavors, artificial sweeteners, chemical preservatives, natural or artificial color, purified vitamins or minerals are allowed to be added to peanut butter. Additives are limited to salt, sweeteners and stabilizers.

4. Peanuts contain fiber or roughage valuable in assisting the digestive system in regulating itself.

5. An ounce of cocktail type salted peanuts contains less salt than the leading brands of corn flakes.

6. Peanuts and peanut butter are acceptable for most diebetics and hypoglycemic diets.

7. Peanut butter was first used as a food for invalids because of its high nutritive value and it was easily digestible and very palatable.

8. The digestibility of peanuts is very high with little difference between raw and processed nuts. Peanuts have a slightly acid effect upon digestion.

9. The fat in peanut butter is highly polyunsaturated, which is not the case with fat in meats and dairy products. The very small amount of partially hardened oil that is used as a stabilizer in peanut butter does not significantly alter the desirable composition of its fats.

10. Peanuts are easily digestible, nutritious, delicious and a great snack. When traveling this summer, be sure to carry some peanuts along for the family to munch on while enroute to your favorite vacation spot. This is a much more nutritious snack than others that you may have to purchase while enroute to your destination.

Homemakers, if you have a homemaking question or problem, you may call us at 352-8244 or you may write us at P. O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK
French Chocolate Peanut Souffle'

1 tablespoon (1 envelope) unflavored gelatin
1 cup milk
1 package (6 oz.) semi-sweet chocolate pieces
½ cup sugar
¼ teaspoon salt
4 eggs
4 egg whites
½ cup sugar
1 cup whipping cream, whipped
1 can (6-¾ oz.) chopped peanuts

Sprinkle gelatin over milk in saucepan to soften. Stir in chocolate, sugar, salt and egg yolks until blended. Heat over low heat stirring constantly, until gelatin is dissolved and chocolate is melted. Cool. Beat egg whites to soft peaks; gradually add ½ cup sugar beating to stiff peaks. Fold egg whites into chocolate mixture. Fold in whipped cream. Set aside ¼ cup of peanuts. Fold in remaining peanuts. Pour mixture into 1-½ quart souffle' dish with foil collar. Tape a 2-inch wide piece of foil around top of souffle' dish. This will permit mixture to extend above dish. Chill until firm. Before serving, remove foil collar. Press reserved ¼ cup peanuts around side of souffle'. Serves 6.

Happiness is 4-H

By Frank Sweet
Extension Agent

4-H camp applications are continuing to come in each day. 4-H'ers have until June 11 to register for 4-H Camp. Application forms are available from the Extension Office. A list of camp classes and a health history form has been mailed to those families with youngsters who have signed up for 4-H Camp.

Thanks to Brent Stewart, Amanda Franklin, Micah Ford, Martha Haley and Kathy Beasley who served on a camp planning committee to make suggestions for improving this year's camping program. We always welcome ideas and suggestions that can be used to make the camping experience more meaningful.

* * *

Lawson Ford will again sponsor the Annual 4-H Dog Show. This year's show is set for June 1, at 6:30 p.m. on the football field behind Appomattox Middle School. All 4-H'ers who have dogs are eligible to enter the show. The dogs are required to have collars and be on a leash. Classes will include the six basic types of dogs, showmanship, grooming and costumes as well as some fun classes. Plan to come and join in the fun.

* * *

A real exciting event for 4-H'ers interested in raising hogs is scheduled for Saturday, May 29, at the Five County Fairgrounds in Farmville. The second annual Junior Mini Swine Camp will be held that day and will include learning sessons on feeder pig selection, feeding, shelter, health requirements, showing and fitting, and identification of hog equipment. A free barbeque lunch will also be served. The program will begin at 9:30 a.m. and will be over by 3:00 p.m. A special bulletin is available from the Extension OFfice about this program.

* * *

Craig Ranson, son of Mr. and Mrs. Charlie G. Ranson of Pamplin, has been announced as a top winner in the 4-H Dark Fired Tobacco program for the 1981 crop year. Craig, who assisted his family in raising, curing and marketing 3½ acres of dark tobacco, will receive a $75.00 check for the Virginia Dark Fired Tobacco Commission. The special 4-H Dark Tobacco program has been established as an incentive for young people to become involved in producing quality tobacco.

* * *

Summer 4-H Sewing classes have been scheduled for Appomattox County High School during the week of June 28 - July 2; the old Oakville School during the week of July 12-16 and Pamplin Elementary School during the week of July 19-23. Additional information about these classes is available from the Extension Office.

Ways to make more $$

By James A. Smith
Extension Agent

Many Appomattox farmes need to begin taking a look at some alternative ways of maintaining a reasonable level of income. There are some possibilities with vegetables and small fruit.

Blueberries are a crop that has not been explored here and offers a good opportunity for pick-your-own. It has been determined that PYO crops work best when in an area 25 to 30 miles of a population center. A well managed blueberry crop will return a net of better than $2000 an acre.

The biggest problem with blueberries is that it takes time for them to come into production--usually its the fifth or sixth year following transplanting before the big crops arrive.

We have a new blueberry publication for those considering this crop.

* * *

Thiogard 3 was introduced last year. It is diluted Thiodan that is safe for home gardeners to use. It could be especially useful in controlling squash vine borers as well as other garden pests.

* * *

Furney Todd, retired N. and 2nd day of estrous produced 9.81 live pgis, while sows mated once on 1st, 2nd, and 3rd day of estrous had 11.06 live pigs.

The breed of boars used did not significantly influence the factors measured.

C. State Extension Plant Pathologist, for many years a prolific writer on the many production problems facing flue-cured tobacco growers, has written a book titled "Flue-Cured Tobacco--Producing a Healthy Crop." It is 360 pages with a hard cover that deals with all aspects of flue tobacco production--harvesting, curing and marketing. It sells for $30.00 plus $1.50 shipping costs. It is my understanding that an annual update will be provided without charge.

* * *

From time to time questions arise about dairy goats. A Dairy Goat Symposium and Field Day will be held on the Virginia Tech Campus June 19.

If you have dairy goats or plan to acquire them, you will find this a meaningful program. Programs and registration forms are available from this office.

* * *

Wool prices are down significantly this spring. This could be a sign of the economic times. Could it be that many will forego the higher priced woolen garments and seek out the less expensive man-made fibers?

* * *

Steer cattle prices were down about $1.50 per hundred from the 1981 spring sales.

Average price of heifers was down about $3.00 from the previous year.

The number of cattle marketed this spring was up 10% over the 30,650 head sold in '81.

* * *

The effect of triple versus double mating on sow productivity was studied at North Dakota State University using 200 animals.

Sows mated once on 1st

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